



Stress Diary

Physical and emotional stress affect our bodies and our minds. You might find that your symptoms change when you encounter different stressors. It can be helpful to keep track of them in a diary or journal. You might also find that different meditative activities help lower your stress level and associated symptoms. For example, 4-7-8 Breathing (breathing in for 4 seconds, holding for 7 seconds and exhaling for 8 seconds) has been shown to lower anxiety levels.

Visit: <https://www.webmd.com/balance/what-to-know-4-7-8-breathing> to learn more or scan the QR code.



Example of a “Stress Diary”

Activity	Symptom	Change
Credit card declined at store	Shortness of breath Headache	2→5 4→6
No wheelchair at clinic, walked upstairs	Fatigue	5→9
4-7-8 Breathing for 3 minutes	Headache	5→2

- **Activity Column:** List what triggered a stress response. You can also use it to track how your symptoms improve after implementing a deep breathing exercise, a meditation session or other stress-reducing exercise you find helpful.
- **Symptom Column:** Describe how your body reacted to the stress-reducing activity.
- **Change Column:** Track how your baseline symptoms changed with that stressful incident. For example, if your credit card was declined at a store, perhaps your headache increased slightly from a 4 to a 6.

The second page is blank, for you to see if it is helpful in tracking how your mind and body interact with stress and stress-reducing activities.





Stress Diary

Patient Name: _____ **Date:** _____

Activity	Symptom	Change

